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BRIEF  
MEDICAL DIRECTIONS

FOR THE  
TREATMENT OF ACCIDENTS,  
AND THE COURSE TO BE PURSUED IN CASES OF  
POISON, THE BITE OF VENOMOUS INSECTS,  
AND DIRECTIONS FOR PERFORMING  
SIMPLE SURGICAL OPERATIONS,  
TO WHICH ARE ADDED, A FEW  
USEFUL MEDICAL RECIPES,  
AND INSTRUCTIONS FOR  
SICK COOKERY.

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## P R E F A C E .

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In the course of a short medical career, having frequently witnessed the hesitation and misdirected efforts of friends and attendants, in cases of serious accidents, at a time when the slightest medical knowledge would prove invaluable, and be the means, perhaps, of saving a human life, I have been induced to compile a few brief medical directions to be used in emergencies of this kind ; and as a result of my labors, I, with great diffidence, offer this little volume. When accidents occur, it frequently happens that the very few moments in which medical aid would be available, are either lost in indecision, by not knowing the proper remedies to be used, or in uselessly searching for a physician ; and with a view of placing this very essential knowledge within the reach of every intelligent person, of ordinary judgment, I have preferred a very concise form for the directions I have submitted : that no valuable time may be lost in searching through large volumes, for what I have endeavored here to express in a very few words. The emergencies to which I have alluded,

often occur in families residing in the country, in places at a distance from physicians ; and it is by no means unusual, that a patient dies, either because those about him are ignorant of the proper remedies to be applied, or because they have administered wrong ones. To guard against occurrences of this kind, has been another aim of the author.

H. P. R.

*Washington City, July 1st, 1852.*



# CHAPTER FIRST.

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## ON THE TREATMENT OF SOME OF THE MOST COMMON ACCIDENTS REQUIRING IMMEDIATE ATTENTION.

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### *Hemorrhage.*

There is nothing more calculated to alarm an unprofessional person than the profuse flow of blood from a wound, and the spectators are generally so disconcerted as to be unable to render any assistance. I now desire to point out the expedients to be resorted to for the purpose of restraining the hemorrhage till a surgeon can be procured.

When arteries are wounded the bleeding is more dangerous and difficult to control. The hemorrhage from an artery is to be recognized by the blood being of a bright scarlet color, and is thrown out in jets corresponding to the pulsations of the heart; but whether the bleeding proceeds from a wounded artery or vein, the first thing to be done is to close the wound, and to grasp it tightly with the fingers till other measures can be adopted. Next prepare a firm roll of lint, rag or sponge, adapted to the size of

the wound. This should be soaked in cold water, or a strong solution of alum; and after the wound has been cleansed of all foreign substances and clots of blood, this compress is to be inserted into the wound, so as to press directly upon the bleeding vessels, and secured in its position by means of a proper bandage. Should the hemorrhage continue unabated after the above remedies have been used, we are to remove the dressings and trust to the pressure of the fingers till proper assistance is procured.

If an important vessel has been wounded it will be necessary to have some more perfect means of commanding the hemorrhage. For this purpose a tourniquet is to be applied around the limb. A very efficacious substitute can be made by using a silk handkerchief, folded like a cravat, with a firm hard knot tied in the centre. The handkerchief is to be tied around the limb, above the wound, with the knot pressing firmly upon the main artery. A stick is then to be thrust through the handkerchief, and twisted around till the requisite degree of pressure is obtained.

The actual cautery, or red hot iron, is another powerful means of checking hemorrhage. It acts by causing the sides of the divided vessel to adhere. The iron had better be used at a black heat, as the bleeding is rendered thereby less liable to return upon the the separation of the eschar, or burnt portion of the wound.

Pinching, and twisting with a pair of fine forceps, will stop the hemorrhage from small arteries. This method is called *tortion*, and is much in vogue with the French surgeons in their operations.

But by far the most effectual way, is by surrounding the bleeding vessels with a firm ligature. The end of the retracted artery is seized with a pair of fine pincers having teeth, and drawn out of its sheath a sufficient distance to allow of the ligature being applied. A piece of saddlers' silk makes the best description of ligature. It should be well waxed and secured around the bleeding artery, with a square or reefer's knot. Sufficient force should be used in tightening the ligature to cut through the middle and internal coats of the artery. The patient cannot be considered secure until this is effected. One end of the ligature is then to be cut off close to the knot, whilst the other is to be brought out, and confined to the side of the wound with a piece of sticking plaster. Care must be taken that the nerves are not included in the ligature with the artery, as serious consequences might be the result. The wound is to be closed with stitches or adhesive strips.

### *Hemorrhage from Leech Bites.*

This species of hemorrhage is sometimes very difficult to control, and might prove fatal in children. The bleeding may be restrained by touching the bite with a piece of lunar caustic, or by passing a stitch with a needle and silk through the bleeding orifices.

### *Hemorrhage from the Nose.*

This will seldom require more than the ordinary remedies, such as cold water, &c. Sometimes,

however, it is very profuse, and not easily checked. In such cases, bleeding from the arm, purgative medicines, and the avoidance of all stimulants will constitute the required treatment. In some instances it may become necessary to plug the nostrils with a piece of sponge. When this is demanded a surgeon had better be consulted.

### *Wounds.*

Wounds are of four kinds, viz :

Incised—or those caused by a sharp cutting instrument.

Lacerated—or torn and mangled wounds, caused by machinery, &c.

Contused—or bruised wounds, caused by blows, falls, &c.

Punctured—or penetrating wounds, caused by sharp pointed instruments.

### *Incised Wounds.*

The first step to take in the treatment of this description of wounds, is to apply means to stop the hemorrhage, as previously directed, (see *Hemorrhage*.) The wound is to be cleansed of clotted blood and foreign substances by means of a soft sponge and lukewarm water. When this has been accomplished the lips or edges of the cut are to be brought in exact contact, and retained in that position by stitches, or strips of sticking plaster placed across the wound, sufficient space being left between them to admit of the escape of blood and matter.



The parts should then be supported by a bandage, and kept in such position as will produce the least strain or drawing on the place. Cold water, applied by means of linen cloths, is the best dressing that can be used. All ointments or greasy applications are objectionable.

### *Lacerated Wounds.*

In this species of wounds there is generally but little hemorrhage. Whole limbs have been torn off with the loss of but little or no blood. The wound is to be cleansed of all extraneous substances, as before directed. The sides of the wound are then to be brought together as neatly as possible, and retained in place by means of stitches, sticking plasters and bandages.

Cloths, wrung out in cold or warm water, as may be most agreeable to the patient, are to be applied over the plasters. We are to afford the wound every facility for uniting by adhesion or first intention, as it is expressed in medical parlance. If we fail in this, the sutures and adhesive strips are then to be removed, and applications calculated to promote suppuration used, such as linseed meal or mush poultices. If the inflammation be great and the pain severe, leeches may be advantageously used, together with the administration of opiates. It will always be proper to act upon the bowels by means of a cathartic; castor oil forms an excellent one, or epsom salts when there is much inflammation. Blood-letting may become necessary if there should be much irritation of the system.

*Contused Wounds.*

Suppuration and sloughing usually ensue in this kind of wound if the blow has been sufficient to deprive the part of vitality. The treatment consists in removing all foreign substances, and the application of leeches, fomentations and poultices to the part. Cathartics, together with the use of opiates, and antimonials are recommended. If the injury be extensive, the constitution is to be supported by tonics and stimulants.

*Punctured Wounds.*

These are considered the most dangerous of all wounds. They are liable, owing to their depth, to injure important parts, and to be followed by hemorrhage and lockjaw. The treatment consists in rest, low diet, cold applications, leeches, and the administration of the saline cathartics, as epsom salts. If, notwithstanding this treatment, an excess of inflammation occurs and matter is formed, free incisions are to be made, for the purpose of evacuating the pus and relieving the tension of the part; and poultices or the warm water dressing used. Any foreign substance remaining in the wound is of course to be immediately removed if practicable. Punctured wounds of the inner part of the hand and soles of the feet, such as caused by nails, glass, thorns, &c., are to be carefully attended to, however trifling or unimportant they may appear, as wounds of this description are exceedingly prone to lockjaw. The wound must be converted into an incised one and

poultices of flaxseed meal or bread and milk applied. A few drops of laudanum may with benefit be added to the poultice, and if the patient suffer much from pain, the internal exhibition of opium in full doses will be necessary.

### *Burns and Scalds.*

The treatment of these accidents would occupy more space than can be allowed in a work of this kind, adapted, as it is, only for cases of emergency. No unprofessional person should pretend to treat a severe burn or scald, except in cases where an experienced physician cannot be procured. I shall therefore chiefly confine my remarks to the less serious kinds of burns, such as may be with propriety treated without professional aid.

In slight burns or scalds great relief may be obtained by enveloping the injured part in a linen rag, previously saturated with warm spirits of turpentine. This dressing is to remain undisturbed till the sore heals. A mixture of sweet oil, or linseed oil and lime water, also forms an excellent application.

In reference to burns of greater importance, I will only remark, that they should be carefully excluded from the air; and this will be best accomplished by covering the burnt part with layers of raw cotton. Only a small portion of the burn should be dressed at a time; the rest remaining protected from the atmosphere till the dressing of the part first exposed be completed.

### *Concussion of the Brain, or Stunning.*

SYMPTOMS.—The patient usually lies in a state



of insensibility for a short period. This is accompanied by a feeble intermittent pulse, slow respiration, sighing and vomiting.

In our treatment we are not to be hasty in administering stimulants, but should rather wait till the patient recovers of himself. Bleeding will generally become necessary after reaction has taken place, particularly if there be pain or a sensation of tightness in the head. An active purgative, such as calomel and aloes, is then to be administered, and cold applications made to the head. Perfect quiet is to be enjoined for several days. The danger in these cases is from inflammation of the brain.

### *Compression of the Brain.*

SYMPTOMS.—Similar to those of apoplexy,

In these cases we are first to shave the head, and if no fracture be discovered, the treatment recommended for apoplexy is to be pursued. If a fracture exist, the depressed portion of bone is to be raised by means of an elevator or trephine. This operation will, of course, require the aid of an experienced surgeon.

### *Bite or Sting of Venomous Insects.*

Should there be much depression of the system, opiates and stimulants are to be given. If the sting of the insect remains in the wound, it is to be extracted by means of a pair of small forceps, or pressure made over the wound with the barrel of a watch key. The application of hartshorn, sweet



oil, or salt and water will allay the pain and itching.

*Hydrophobia.—Bite of Rabid Animals.*

As there is no certain cure known for hydrophobia, our treatment is to be preventative.

Its occurrence will be best guarded against by completely cutting out the whole wound, together with a considerable portion of the uninjured surrounding parts. Free bleeding is then to be induced from the wound by immersion in warm water and the application of cupping glasses. The whole surface of the wound should be thoroughly touched with lunar caustic, (after bleeding has been promoted,) and poultices applied till free suppuration takes place. These means are to be resorted to immediately after the receipt of the injury.

*Sprains.*

The best application for sprains is sugar of lead water, vinegar and water, or cold water freely poured upon the limb. The part is then to be supported by a moderately tight bandage, wet with a solution of sugar of lead. If stiffness remains after the accident it is to be removed by gentle exercise of the part, and friction with some stimulating liniment. Leeches are serviceable when much inflammation exists.

*Substances in the Eye.*

Substances getting into the eye can generally be

removed by a soft camel's hair pencil, or a piece of paper twisted tight and moistened in the mouth. When these efforts do not succeed, the eye is to be well syringed with lukewarm water. The engorgement of the minute vessels of the eye will frequently lead the patient to suppose that the foreign substance still remains.

### *Substances in the Throat.*

Most foreign substances will be easily expelled from the throat by producing vomiting, or by swallowing large mouthfuls of soft bread. If this does not succeed, a large goose quill thrust down the throat and rapidly twirled around, may serve to dislodge it. But if the substance be large, and removal by the means just mentioned impossible, it may be extracted through the mouth by a pair of long curved forceps, or by a piece of whalebone, with a skein of silk attached, so as to form numerous loops. A piece of whalebone with a soft sponge secured at one end, forms a valuable instrument. The sponge is to be softened in warm water and well oiled. The instrument is then to be inserted into the mouth and directed towards the back of the throat for the purpose of avoiding the windpipe, and gently pushed downwards toward the stomach.

### *Substances in the Ear.*

Foreign substances, such as peas, coffee, pebbles, cherry stones, &c., frequently become lodged in the external ear of children. If the substance can

be seen it is readily removed by a pair of delicate forceps ; but on no account is violence to be used. Lukewarm water, pretty forcibly injected from a syringe into the ear, will frequently succeed ; but if it fail, owing to the parts being swollen or tender, a few drops of oil and laudanum are to be poured into the ear, and we are to wait until the swelling has subsided.

*Leeches escaped into the Stomach.*

When leeches have escaped into the throat or stomach, a teaspoonful of common salt, dissolved in water, is to be immediately taken. This should be followed by a glass of wine every fifteen minutes, until a sufficient quantity has been taken. It is not necessary, however, to intoxicate the patient. When leeches have escaped into the rectum, they may be dislodged by salt water injections.

*Apoplexy.*

The patient is to be immediately raised up and the head supported in such a manner as to avoid a sudden bend of the neck. The clothes are to be loosened, especially those surrounding the throat, and cold air freely admitted. The head is to be dashed with cold water, and if the patient be of a stout, plethoric habit, bleeding will become immediately necessary. This, however, is generally to be avoided in patients of a weak and debilitated constitution. As soon as he can swallow, a brisk purgative of calomel and aloes or jalap is to be ad-

ministered. Irritating injections, and the application of heat and mustard plasters to the extremities, are auxiliaries of considerable power. If the fit arises from an overloaded stomach, and the patient's face be not very turgid, emetics will prove serviceable.

### *Epilepsy.*

During the paroxysm little is to be done except to prevent the patient from injuring himself. The clothes are to be loosened, particularly those surrounding the neck, and the head elevated. A piece of cork or india-rubber should be placed between the patient's teeth, to prevent injury to the tongue. If the patient is able to swallow, some anti-spasmodic, such as asafœtida or valerian is to be administered; if not, they are to be given by injection. If the fit arises from indigestion or intemperance, an emetic will give immediate relief.

### *Hysterics.*

Cold water, vinegar or eau de cologne are to be sprinkled over the face during the paroxysm; pungent applications made to the nostrils, and warm frictions to the extremities. As soon as the patient can swallow, a teaspoonful of ether with ten or fifteen drops of laudanum, or the tincture of asafœtida or valerian is to be given.

### *Convulsions, or Fits in Children.*

When a child is attacked with convulsive fits it should be immediately placed in a warm bath, and



there suffered to remain till the fit goes off. A purgative of calomel and an injection will always be proper. Leeches to the temples and blisters to the back of the neck are useful when there is much turgidity of the face, which indicates a determination of blood to the brain. Calcined magnesia in peppermint water is recommended when there is acidity of the stomach or flatulency. Mustard is said to possess some specific properties independent of its emetic qualities. Emetics act with great certainty, and relief generally follows free vomiting. If the child be teething the gums should be freely scarified.

### *Fainting or Syncope.*

The person in the fit should be placed on the back, with the head somewhat lower than the extremities, and cold fresh air freely admitted into the room. The face is to be sprinkled with cold water, and volatiles held to the nostrils. As soon as the patient can swallow, some slight stimulant is to be administered.

### *Croup.*

When a child is attacked with this formidable disease, free vomiting is to be immediately excited. For a child above one year of age, one grain of tartar emetic, dissolved in a wineglass of water, is to be given, in teaspoonful doses, every ten minutes, till its emetic effects are produced. If the child be much under the year, give a teaspoonful of the syrup of ipecac, and repeat if necessary. If

the attack be a violent one, leeches should be applied to the throat, just above the breast bone: two leeches will be sufficient for a child of less than a year old, and one additional leech for every additional year. After vomiting, the warm bath should be used of  $90^{\circ}$  or  $100^{\circ}$  Fah. for ten minutes. Cloths, wrung out in hot water or turpentine and applied to the throat, give great relief. After the violence of the attack has somewhat abated, calomel with antimonial powder is to be given every hour till the bowels are opened: this is to be followed by a dose of castor oil.

*Asphyxia, or Suspended Animation.*

This is produced by hanging, strangulation, drowning, lightning and intense cold, or by the inhalation of noxious gases, such as carbonic acid gas and sulphuretted hydrogen gas.

*Asphyxia, from the inhalation of Carbonic Acid gas.*

This gas exists in air which has been contaminated by respiration. It is the product of combustion, fermentation, and the calcination of chalk and limestone, and is found in coal mines under the name of choke damp, and in old wells and cellars; it is also produced by the burning of coal and brick kilns.

When a person has been asphyxiated by this gas, he is to be immediately removed into the open air and stripped of his clothing. The head is to be

dashed with cold water, whilst heat is applied to the extremities. Stimulating frictions are to be resorted to, and artificial respiration made. This last remedy is never to be omitted; as many lives may be saved by persevering in our efforts, even when to all appearances life is extinct. When recovery has commenced, the patient is to be put into a warm bed, with the windows open; and stimulants with acidulated drinks given.

In entering a place suspected to contain this gas, we may protect ourselves from injury by dipping a silk handkerchief into a solution of potash or lime, and applying it to the mouth and nostrils. By this precaution the oxygen is admitted into the lungs, and the carbonic acid gas excluded.

*Sulphuretted Hydrogen.—Hydrosulphuric Acid.*

This gas is found in drains, sewers, privies, &c. The treatment to be pursued in cases of poisoning by this gas, is similar to that recommended for carbonic acid gas. Chloride of lime, or soda, is the proper antidote. A solution of either of these remedies is to be administered internally, and a sponge soaked in the solution held to the nostrils.

A handkerchief soaked in a solution of chloride of lime, and held to the mouth and nose, will enable a person to enter a place containing this gas with safety.

*Sulphuric Acid Gas.—The vapor of burning  
brimstone.*

In accidents arising from the inhalation of this

gas, the vapor of ammonia is to be respired, and a few drops of diluted hartshorn given internally.

### *Asphyxia from Drowning.*

As soon as the body has been taken from the water, it is to be removed to a warm, dry situation, and laid on the side with the head and shoulders elevated. The mouth and nostrils are then to be cleansed of the froth and mucous which are in them, and the wet clothes immediately removed. The body is then to be well rubbed with hot flannels, and placed in a warm bed between blankets, and heat applied in every possible manner. Injections of warm salt and mustard are to be given, and warm brandy and water got into the stomach, by means of a stomach pump, provided the patient is not able to swallow. Artificial respiration is always to be resorted to, and should be continued at least two hours before the case is abandoned as hopeless. Galvanism and electricity are useful agents.

### *Asphyxia from Hanging or Strangulation.*

The treatment to be pursued must be similar to that recommended in cases of drowning. Cold water is to be dashed upon the head and chest, and a small quantity of blood extracted from the jugular vein or arm. Artificial respiration is to be made, and electricity or galvanism used.

### *Asphyxia from Cold.*

The body is to be rubbed with ice water or snow,



then with water of the usual temperature. Warm air must be breathed into the lungs, and a moderate stimulus administered. After reaction has commenced, the body should be enveloped in flannels or furs.

### *Asphyxia from Lightning.*

The clothes are to be immediately removed, and the body dashed with cold water for ten or fifteen minutes. Artificial respiration, stimulants and frictions are to be used, and a galvanic shock thrown through the chest.

### *Asphyxia of Infants Still Born.*

The mouth is to be freed from mucous by introducing the finger into the mouth, then dash the face with cold water and breathe into the mouth: this can be done whilst the child is placed into a warm bath. After the bath, it is to be enveloped in warm flannels. If the face is very turgid it is well to let a few drops of blood flow from the cord.

*Drunkenness.—(See Poisoning by Alcohol.)*

## CHAPTER SECOND.

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### DIRECTIONS FOR THE PERFORMANCE OF SOME OF THE MINOR OPERATIONS.

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#### *Bleeding.*

It is frequently a matter of considerable moment that a patient be immediately bled, and as valuable time may be consumed in procuring a physician, it is well for every person to understand how this operation is to be performed. A ligature consisting of a broad piece of tape or linen is to be tied firmly around the arm, two or three inches above the elbow ; the vein will then become distended and easily recognised. The operator then grasps the arm, placing his thumb upon the vein a little below the intended puncture, the lancet is thrust obliquely into the vein, and made to cut its way out by elevating the point. The finger should be placed upon the side of the blade to prevent its penetrating deeper than desired.

Bleeding is generally performed at the bend of the arm, and the vein selected which runs from the centre of the bend to the outside of the arm. A sharp pointed penknife will answer to perform this operation when the proper instrument is not at hand.

*Vaccination.*

This is a simple operation and one that can be performed with but little instruction. The vaccine scab is first to be moistened with a little water on a piece of glass to the consistency of thick cream. The point of the lancet should be dipped into the matter and several slight incisions or scratches made upon the skin, care being taken that the virus is well introduced into the wound. Another method consists in introducing the point of the lancet under the skin, for a considerable distance, and, if possible without drawing blood, as by this the matter would be washed out; the virus is to be put into these punctures and a piece of sticking plaster put over the wound.

The left arm should be selected, and the operation performed pretty high up and towards the back of the arm, so that the scar may not be perceptible. The matter should become perfectly dry before the clothes are resumed.

*Issues.*

Issues are made by caustic, by incisions, and by the actual cautery or red hot iron. If caustic be preferred, it is used by making a paste of equal parts of caustic potash and soap; the part where the issue is to be made, is then covered with several layers of sticking plaster, with a hole in the centre of them the size of the intended issue. This cavity is to be filled with the caustic paste, which should be permitted to remain till the skin becomes covered with

a black slough. When this occurs, the plasters are to be removed, and a poultice applied till the slough separates. The issue is to be prevented from healing by binding a pea firmly upon it. The issue by incision is made by pinching up a fold of the skin, and slitting it with a lancet, a pea is then introduced, and confined there by a piece of sticking plaster. The issue made by the actual cautery, is one of the most efficacious and least painful. The operation is performed with an iron rod, terminating in an oval knob, the size of a small chestnut; the knob is made red hot and passed over the surface so as to produce several black lines about an inch apart; a poultice is then applied till the slough separates. The issue must be occasionally touched with the cautery, to prevent the place from healing. Issues are not to be made over projecting bones, or the bellies of muscles, as obstinate sores might result.

### *Use of the Stomach Pump.*

This useful instrument consists of a powerful syringe, to which is attached a flexible gum elastic tube, about two or three feet in length. In using the stomach pump the tube is to be well oiled, and a gag, with a hole through its centre, placed in the mouth between the patient's teeth. The tube is introduced through the hole in the gag, and directed towards the back of the throat to avoid the windpipe, and pushed gently down the œsophagus till it reaches the stomach. By placing a lighted candle at the orifice of the tube we can ascertain whether it has passed in the right direction. If it



has passed into the windpipe the flame of the candle will be disturbed by the air rushing out. Two or three pints of lukewarm water are to be thrown into the stomach and then withdrawn, and a fresh quantity injected. This process is to be repeated till the water returns from the stomach free from color or smell. Care should be taken that the lining membrane of the stomach is not injured by being sucked into the pump. If an obstruction be felt the tube is to be withdrawn an inch or two.

The stomach pump is not to be used when vomiting can be procured by emetics, except for the purpose of injecting fluids into the stomach, when the patient is unable to swallow.

### *Artificial Respiration.*

Artificial respiration is easily accomplished by making pressure on the front part of the chest, whilst the diaphragm or midriff is at the same time pushed upwards by an assistant. The inspiration will be effected by the removal of the pressure. This process should be repeated about twenty times a minute to imitate natural respiration.

### *Sutures, or Stitches.*

When the wound is large and gaping, or in parts where the skin is very loose and movable, as the lips, cheeks, and eyelids, stitches will generally be required. There are several kinds of sutures used by surgeons, only one of which it will be necessary to mention, viz : the common or interrupted suture.

A needle threaded with a piece of stout silk (the kind used by saddlers) is well greased and passed through one lip of the wound from without inwards; it is then inserted at a corresponding part in the other lip, and passed through it from within outwards. The sides are then to be brought into exact contact, and the silk tied with a firm square or hard knot. The superfluous ends of the silk are to be cut off.

The needle should only be passed deep enough to secure it a firm hold, and never through tendons or muscles. It will be sufficient for it to pass through the cellular tissue and the skin. A space of three quarters of an inch is to be left between the stitches for the application of adhesive strips and the escape of matter. The number of stitches necessary will depend upon the situation and extent of the injury. Where there is much dragging upon the part, of course more stitches will be required.

## CHAPTER THIRD.

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A CATALOGUE OF THE MOST COMMON POISONS,  
WITH THE TREATMENT NECESSARY WHEN  
THEY HAVE BEEN TAKEN INTO  
THE SYSTEM.

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### *Acids—Hydrocyanic or Prussic.*

The substances which contain it are oil of bitter almonds, laurel water, noyau, wild cherries, &c.

The proper antidote for this poison is chlorine ; a teaspoonful of chlorine water diluted, or 30 or 40 drops of the solution of chloride of lime or soda is to be immediately administered in a little water. Diluted hartshorn is to be given and the vapor of it inhaled. A stream of cold water should be poured upon the head and spine, and artificial respiration, electricity and galvanism resorted to.

When this acid has been taken in its pure state, it generally proves fatal in a few minutes, being one of the most active poisons known. In these cases there is hardly time for the administration of the antidote ; but efforts should be made to recover the patient, notwithstanding its activity.

*Hydrochloric, or Muriatic—Spirits of salt or sea salt.*

An ounce of calcined magnesia mixed with a quart of water is to be given in doses of a wineglass full every five minutes. When magnesia is not easily procured, whitewash scraped from the wall, chalk, soapsuds, milk, oil, or the white of eggs may be substituted. After the administration of the antidotes vomiting is to be excited by tickling the throat with a feather.

*Oxalic, Acid of Sugar—Salts of Wood Sorrel or Lemons of.*

Large quantities of magnesia, chalk, or whitewash are to be mixed with water to the consistency of cream and swallowed immediately. Give large draughts of warm water and promote vomiting by tickling the throat with the finger. After the administration of the antidote the stomach is to be emptied by emetics or the stomach pump.

*Sulphuric or Vitriolic—Oil of Vitriol, Spirits of Vitriol—Vitriol.*

Give magnesia, chalk, or whitewash as before directed. When these are not at hand, soapsuds, water or wood ashes, oil, milk, or any mild dilutent is immediately to be administered.

*Tartaric.—Acid of Tartar.*

The treatment for an overdose of this substance is the same as recommended for oxalic acid.



*Arsenic, Oxide of—Arsenious Acid, Relgar, Orpiment, or King's Yellow.*

The poison is to be immediately removed from the stomach by means of the stomach pump, or an emetic of sulphate of zinc, from twenty to thirty grains, administered in water. Demulcent liquids or sweet oil are then to be given. But the antidote upon which most reliance can be placed, is the hydrated sesqui oxide of iron ; about four ounces is to be administered in small repeated doses. A substitute may be procured by precipitating the tincture of muriate of iron with carbonate of ammonia.

*Phosphorus—Phosphoric Acid.*

Large draughts of water or any mild demulcent liquid is to be given immediately, to envelope and exclude the phosphorus from the air contained in the alimentary canal. Magnesia should be taken for the purpose of neutralizing the phosphorus, or phosphoric acid, which may be formed. Give an emetic to evacuate the stomach, and carefully avoid oils or fatty substances which will increase the activity of this poison. The antidotes for phosphoric acid are the same as recommended in cases of poisoning by sulphuric acid.

*Alkalies—Potash Caustic, Pearlash.*

The vegetable acids such as vinegar, lemon juice, &c., are to be given immediately to neutralize the poison. Give large draughts of demulcent drinks and oil which will unite with the potash and form

soap. While the antidotes are being prepared, large draughts of water should be taken to prevent the poison from corroding the stomach. After the antidote, give an emetic.

*Soda Caustic.*

The treatment directed for caustic potash is to be adopted in cases of poisoning by this substance.

*Ammonia Carbonate—Volatile Salts. Hartshorn—Spirits of Sal-volatile.*

The antidotes for this poison are vegetable acids, vinegar, &c. Demulcent drinks, such as milk or flaxseed, are to be given freely. When the vapor has been inspired, the patient is to inhale the fumes of acetic or muriatic acid.

*Chloride of Lime—Bleaching Powder.*

Give albuminous liquids, mucilaginous drinks, and an emetic. All acids are to be strictly avoided.

*Quick Lime.*

Give vegetable acids, mucilaginous drinks, and emetics.

MINERAL POISONS, &c.

*Tin, Proto-chloride and Bi-chloride of—Spirits of Tin; Dyers' Spirits. Tin, Oxide of—Putty Powder.*

Milk is the antidote for this poison, and is to be

given in large quantities ; to be followed by an emetic.

*Zinc, Sulphate of—White Vitriol, White Copper-as. Zinc, Oxide of—Flowers of Zinc.*

Milk partially decomposes this poison, and is the proper antidote. Large draughts of warm water are to be given, to render vomiting easy.

*Bismuth—Pearl White or Face Powder.*

No specific antidote known. Emollient drinks, such as flour and water, are to be plentifully taken.

*Bromine.*

The stomach is to be evacuated, and demulcent drinks, containing starch, are to be administered ; followed by opiates.

*Iodine.*

Antidote and treatment the same as recommended for Bromine.

*Copper, Sulphate of—Blue Vitriol. Acetate of—Verdigris.*

Albumen is the antidote for this poison. The white of eggs, milk or wheaten flour, is to be taken plentifully. Iron filings, mixed with water, will decompose the salts, and precipitate the metallic copper which is inert.

*Lead, Acetate of—Sugar of Lead and Goulard's Extract. Carbonate of—White Lead. Protoxide of—Massicot Yellow. Deutoxide of—Minium Red.*

Poisoning by this substance assumes three forms, viz: irritant poisoning, lead colic, and paralysis. The two first varieties only will be noticed.

In irritant poisoning we must give some diluent drink, containing epsom or glauber salts, and empty the stomach by means of the stomach pump, or an emetic of sulphate of zinc. In lead colic, alum is the proper remedy, which is to be administered in drachm doses, in gruel, every three or four hours, to be followed by castor oil and opiates. The warm bath will be found useful, and bleeding is sometimes necessary.

*Mercury or Quicksilver, Bi-chloride of—Corrosive Sublimate.*

The antidote is albumen, gluten of wheat, and milk. The white of an egg is considered sufficient to neutralize every four grains of the poison. Evacuate the stomach, and give epsom salts and frequent emollient injections.

*Nitrate of Potash.—Nitre or Saltpetre, Sal-Prunell.*

For this poison no chemical antidote is known. The stomach should be immediately cleansed of the poison, and milk and mucilagnious drinks given.



*Antimony Tartarized—Tartar Emetic. Muriate of Antimony—Butter of Antimony.*

The treatment directed in cases of poisoning by the mineral acids is applicable in this case; magnesia, chalk, &c. Give afterwards some vegetable astringent, as an infusion of nut-galls. Opiates will be required to allay the irritability of the stomach.

*Creosote.*

Give oleaginous and mucilaginous drinks to protect the mucus coats of the stomach and intestines. Stimulants, such as ammonia, are to be administered, and artificial respiration made.

*Poisonous Fishes, Oysters, &c.*

Give an emetic of sulphate of zinc one scruple, and follow with an active purgative. Draughts of vinegar and water, with thirty or forty drops of ether, or brandy and water should then be taken.

*Powdered Glass, &c.*

Swallow large quantities of crumbs of bread or soft potatoes, to envelope the particles of glass, and take an emetic to expel them from the stomach; follow with an active purgative and demulcent drinks.

*Cantharides, or Spanish Fly.*

Remove the poison immediately from the stomach, and give copious draughts of mucilaginous drinks: The effects remaining are to be treated by the warm bath, bleeding, and injections of oil and mucilage.

*Chlorine Water.*

The white of eggs or milk is the antidote, and is to be taken in large quantities.

*Alcohol.—Spirits of Wine, Brandy, Whisky, Gin, &c.*

The stomach is to be emptied by the stomach pump when emetics will not act. Cold water must be dashed upon the head, neck, and spine, and heat applied to the extremities, whilst artificial respiration is resorted to. The aromatic spirits of ammonia or diluted hartshorn, has a happy effect in drunkenness.

*Nux-Vomica—Strychnia.*

In case of poisoning by nux-vomica, or its active principle, strychnia, negative electricity is strongly recommended by M. Duclos; but he says that the positive, increases the muscular spasm, and hastens death. The extract of Indian Hemp has been recommended as an antidote. The inhalation of chloric ether or sulphuric ether would probably answer better, as the good effects of the hemp are attributable to its sedative and relaxing influence over the muscular system. The irritation caused by the external use of strychnia is relieved by the application of acetate of morphia to the affected part.

*Tobacco.*

Evacuate the stomach immediately, and counteract the narcotic effects of the poison by administer-

ing the vegetable acids, the prostration by ammonia, brandy, and artificial respiration.

*Opium—Laudanum, Paregoric Elixir, Godfrey's Cordial, Dover's Powder, Dalby's Curminative, Acetate of Opium, Morphine.*

Give immediately an emetic of sulphate of zinc, two scruples, or of sulphate of copper, five or ten grains, in a wineglass of water. If the emetic does not act, the stomach pump is to be used without delay, as the poison is quickly absorbed. The cold douché is extremely beneficial, and will rouse the patient and promote the operation of the emetic. Keep the patient in constant motion, and give freely of strong coffee, ammonia, or brandy. Bleeding will be required if there be cerebral congestion. The most reliable antidote, is a strong infusion of nut-galls. Electricity is a powerful agent in rousing the patient. Artificial respiration is to be continued for a long time, as by this the patient might be kept alive for a sufficient time to allow the narcotic effects of the poison to pass off.

*Colchicum, or Meadow Saffron. Digitalis, or Fox glove. Cicuta, or Hemlock. Belladonna, or Deadly Nightshade. Coccus Indicus, or Fishberries. Aconite, or Monk's hood.*

There is no antidote known for these poisons ; the treatment advised for opium and tobacco is to be pursued.

## CHAPTER FOURTH.

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### ON THE TREATMENT OF A FEW OF THE MOST COMMON DISEASES.

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#### *Dysentery, or Bloody Flux.*

SYMPTOMS.—The bowels are generally costive previous to the attack, which most frequently commences with a chill and a sensation of great debility. The pulse is quick and weak, with loss of appetite, &c. There is a frequent desire to go to stool, attended with much pain and straining.—The discharges are scanty, and consist of slime, mixed with blood; sometimes, however, large lumps of hardened foeces are passed, with marked relief to the patient. The symptoms from which we may infer a favorable termination of the disease are, natural stools, procured of the proper color, smell, and consistency, the lessening of the fever, with a clean tongue and moist skin of the natural temperature, pain less severe, &c. The unfavorable symptoms are, a sudden cessation of the pain, attended with a cold damp skin, pinched face, hic-cough, great anxiety and depression, vomiting of dirty, offensive or foecal matter, discharges of bloody



water, like the washings of meat, and ulcers of the mouth.

**TREATMENT.**—Our first endeavor should be to procure natural stools, then to strengthen the system. For this purpose, give at first a cathartic of fifteen grains of calomel, and follow in the course of a few hours with a dose of epsom salts or castor oil. This will cleanse the bowels of all irritating substances which are calculated to keep up the disease, and will also stimulate the liver to action, which is exceedingly torpid in this complaint. To subdue pain and check the discharges, give one grain of opium and three grains of camphor every two hours until relief is obtained. If the case is very violent, a blister should be applied over the abdomen, and blood taken from the same part by means of leeches or cups; gum arabic water or flaxseed tea is to be taken in large quantities, as free dilution is important. Complete rest, in the horizontal position, must be maintained, as this alone will sometimes cure the disease. The diet should be extremely light, consisting of toast water, arrow root, or sago;—these are to be taken warm, as cold drinks are apt to increase the pain. Meats are not to be allowed till complete recovery has taken place. In the latter stages astringent tonics are called for.

### *Pneumonia, or Inflammation of the Lungs.*

Inflammation of the lungs and pleurisy most frequently exist in conjunction, and the treatment is similar in both cases.

**SYMPTOMS.**—This complaint commences with a chill, and is followed by a fever and severe pain in

the chest, which is much increased by a full inspiration. There is a dry, hacking cough, attended with an expectoration of white ropy phlegm, frequently streaked with blood; as the disease advances the expectoration becomes thicker, having more the appearance of matter. A copious expectoration is a favorable sign. The respiration is hurried and restrained, the tongue is dry and furred, the thirst great, and the cheeks red.

**TREATMENT.**—The first thing to be done is to abstract blood freely from the arm, and repeat if the inflammation runs high; cups may also be applied to the chest and between the shoulders. A large blister must then be put on the chest, and a brisk calomel purgative given, to be followed by salts. The bowels must be frequently acted upon; for this purpose epsom salts is well adapted. Tartar emetic is the remedy upon which most reliance is to be placed; it should be given in broken doses, so as to keep the patient slightly sick at the stomach whilst taking the medicine. The following is an excellent formula for its administration: Tartar emetic 8 grains, sweet spirits of nitre and gum arabic mucilage, each one ounce. A teaspoonful of this mixture is to be taken every two hours. The diet must be exceedingly light, consisting chiefly of gum arabic water, toast water, or flaxseed tea. The juice of a lemon or orange and apple water may be allowed.

*Fever and Ague, or Intermittent Fever.*

This kind of fever arises from marsh effluvia.

**SYMPTOMS.**—The patient is at first taken with a chill; a fever then sets in, which goes off with a profuse perspiration. In the course of about twenty-four hours the patient has another paroxysm, and so on for days, and even months, unless the disease is combatted by the proper remedies. Intermittent fever is divided into three kinds, according to the interval between the paroxysms, viz: the quotidian, the tertian, and the quartan. The most usual form is the quotidian, which occurs every twenty-four hours, coming on in the morning and lasting about sixteen hours. The tertian is the next common. It takes place every forty-eight hours, commencing about noon and lasting ten hours. The quartan is the least frequent, and has an interval of seventy-two hours between the paroxysms. It begins in the afternoon, and is of about eight hours' duration.

**TREATMENT.**—The treatment consists in that which is applicable during the paroxysms, and the remedies to be used to prevent a return of them. During the attack we are to quiet the nervous system, and render the patient as comfortable as possible. For this purpose it is well to give about ten grains of Dover's powder, with warm drinks. After the paroxysm, fifteen or twenty grains of calomel, with two or three grains of tartar emetic, should be administered, and vomiting promoted by large draughts of warm water. This will cleanse the stomach and intestines. The shock given to the nervous system by the action of the emetic is extremely beneficial, and will sometimes cut short the disease. After the operation of the emetic, some

tonic will be necessary to prevent a return of the paroxysm. Quinine is the remedy best adapted to this purpose: two grains should be administered every hour, till eight or ten grains have been taken. Sometimes it is well to give eight or ten grains at one dose, several hours before the expected attack. If Peruvian bark be preferred, it is to be given in doses of one teaspoonful every two hours, till five or six doses have been taken. A change of air will effect a cure when all other remedies have failed.

### *Billious Remittent Fever.*

**SYMPTOMS.**—There is a marked difference between remittent and intermittent fever. In the remittent form, the chill is not so violent and is of much shorter duration. The hot stage is much longer, and the sweating stage short or entirely absent. There is no perfect intermission as in intermittent fever. There is pain in the head and back, a yellow furred tongue, offensive breath, bitter taste in the mouth, great thirst, loss of appetite, debility, and a costive state of the bowels.

**TREATMENT.**—Give calomel and tartar emetic, as recommended in intermittent fever. Keep the bowels open by mild aperient medicines, sponge the body frequently with vinegar and water, and apply cold water to the head if the headache be severe. During the remissions, quinine, Peruvian bark, or some other bitter tonic is to be administered, to cut short the disease. Quinine is the most reliable agent.



*Scarlet Fever.*

**SYMPTOMS.**—The patient is first taken with a chill or sensation of coldness; this is succeeded by a fever and sore throat; there is great debility, and a feeble fluttering pulse, with sick stomach and vomiting. Upon looking into the mouth, the throat will be found much inflamed, and of a deep red color. This soon changes to a darker hue, interspersed with dark brown or livid spots. On the second or third day, large scarlet spots make their appearance upon the neck and face, and soon extend over the whole body, and finally disappear on the fifth or sixth day. In very violent cases, ulcers of the throat progress with great rapidity, and the patient sinks and dies in a few days.

**TREATMENT.**—The treatment of this formidable disease depends much upon the constitution of the patient, and the character of the prevailing epidemic. In some cases there is a great tendency to sinking, and a putrid state of the system; when this is the case, the strength has to be sustained from the first by Peruvian bark, wine, and quinine. The bowels should be opened with a dose of epsom salts, and the throat rubbed with a strong liniment, and a few leeches applied. Elixir of vitriol is an excellent remedy, and is to be administered internally in doses of 8 or 10 drops several times a day. It is also used as a gargle for the ulcers of the throat; for this purpose a teaspoonful of it is put to half a pint of warm water. The throat should gargled with this wash every few hours. A strong decoction of red

pepper also makes an excellent wash for the throat. In this disease great cleanliness is to be observed.

### *Erysipelas.*

This disease is divided into two kinds, viz: the Bilious and the Phlegmonous.

**SYMPTOMS** of the bilious variety.—The patient is taken with a chill, which is followed by some degree of fever; the tongue is covered with a brown fur, and there is a disagreeable, bitter taste in the mouth. The part which is affected assumes a bright scarlet color, and is attended with a burning, itching pain; after a short time little watery blisters make their appearance, and resemble those produced by boiling water.

In the phlegmonous, the deeper seated issues are involved, and the disease is of a much more serious character. The symptoms are a deep seated, intense, throbbing pain; the redness is of a darker hue, and the swelling hard, and deep seated; great thirst and a dry, red tongue.

**Treatment:** In bilious erysipelas it is well to open the bowels with a calomel purgative, which should be followed by epsom salts. The bowels are to be kept in a soluble state during the continuance of the disease; for this purpose epsom salts are excellent, as, independent of their cathartic action, they possess great cooling or anti-inflammatory properties. Emetics are exceedingly beneficial in the first stages, but are improper in the latter part of the disease. Tartar emetic, in broken doses, so as to keep up a state of nausea, is extremely useful when

the system is much excited. Promote perspiration, keep the patient on low diet, and confine him to his room. The part affected should be painted with tincture of iodine as well as the unaffected surrounding surface for some distance, to prevent the disease from spreading, which it does with great rapidity. Circumscribing the place with blisters will have the same effect.

In the phlegmonous form there is generally a great tendency to a typhus state ; and though bleeding is sometimes essential, it should be practiced with the greatest care. In old persons and those of a broken down, debilitated constitution it must be avoided. When there is a typhus tendency the strength will require support from the commencement, by wine, bark, and quinine. Early and free incisions are useful to deplete the part and relieve the tension ; this course may prevent the further progress of the disease. In the advanced stage, when matter has been formed, incisions are absolutely necessary to evacuate it ; if this is not done, mortification and loss of the limb, or life of the patient, will be the result.

Erysipelas is very erratic, and is prone to leave the part first attacked and to seize upon some of the vital organs. In such cases the treatment should be of the most active character. Apply blisters to the former seat of the disease, for the purpose of inviting it back ; bleeding may be necessary, but the treatment will in a great measure depend upon the organ affected. Such cases are apt to terminate fatally.

### *Measles.*

**SYMPTOMS :** The patient is taken with catarrh



or cold, and has shiverings, alternated with flushes of heat; he complains of great lassitude, pain in the forehead and eyes, dullness, and disposition to sleep. The pulse is quick, and the skin dry and hot; the tongue is covered with a white fur, except the edges, which are bright red; sick stomach and sometimes vomiting. On the second day all the symptoms are aggravated and continue to increase to the fourth day, when the eruption makes its appearance in the shape of small circular red patches on the face, and extends in a few days over the whole body. On the third or fourth day of the eruption it commences to disappear: it turns yellow, and the skin is detached in small scales. The unfavorable symptoms are when it occurs in very young children, when the eruption disappears before the third day, or when it disappears suddenly, a leaden color of the spots. The symptoms are considered favorable when the catarrh is slight and the skin moist after the appearance of the eruption.

**TREATMENT.**—When the catarrh is slight the treatment consists of spare diet, mild temperature, mild laxative medicines, and Dover's powders. If the eruption disappears suddenly, from cold, the patient should drink freely of warm teas. If there be diarrhea, it should be controlled by Dover's powders, &c. The cough is apt to remain sometime, and must be relieved by expectorants.

### *Mumps.*

**SYMPTOMS.**—There is first a chill, then a fever, attended with a swelling of the glands lying under



the ears, which produces difficulty in swallowing, and stiffness of the neck and jaws.

**TREATMENT.**—The patient should confine himself to the house as long as the swelling of the neck remains, and wear a flannel bandage around the throat and ears, to prevent taking cold, which would be attended by serious consequences. The bowels are to be kept open by some gentle laxative. Should the brain become affected, very active treatment will be necessary. The patient must be bled freely and blistered under the ears. Give a brisk purgative and use a hot foot bath with salt and mustard.

### *Inflammation of the Tonsils.*

This is a disease produced by cold. There is great swelling and difficulty of swallowing; fever, and profuse expectoration of white frothy phlegm. The swelling increases with great rapidity, and will sometimes produce suffocation. The treatment must be active. General bleeding will be proper if the patient be young and robust. Blood should be taken from the neck just under the ear, by leeches or cups. A brisk purgative of calomel and jalap must be given, and the bowels kept open by repeated doses of epsom salts. In the latter stages of the disease, some astringent gargle will be useful. A strong liniment of hartshorn, sweet oil and turpentine, rubbed freely upon the throat, will soon cause the swelling to disappear.

*Abscesses.*

Abscesses frequently occur after fevers, and may be caused by blows and other injuries. They commence with slight fever, pain, redness, and swelling; in this stage, the patient should be purged and kept on low diet, and blood taken from the part by leeches; cold applications, &c. If matter is formed, it should be immediately evacuated, lest it burrow and injure some important part. After the abscess is opened, poultices should be applied, to favor the evacuation of the pus; they must not be continued over a few days, as they will prevent the part from healing. Some healing ointment will be the proper dressing after the removal of the poultices.

*Ulcers.*

There are several varieties of ulcers, only two of which will be mentioned, viz: the indolent and the irritable ulcer. The indolent is the most common, and occurs generally on the legs and feet. It is characterized by a smooth, glassy, pale appearance; the edges are raised thick and white; the discharge is thin and watery. It exists generally in old or intemperate and badly fed people. Poultices of carrots or flaxseed meal should be applied, till the sore is cleansed, and if any proud flesh springs up, it is to be touched with caustic or bluestone. The ulcer should be washed daily with castile soap, and dressed with simple or red precipitate ointment. Strips of sticking plaster carried over the ulcer and around the limb so as to produce a slight compression, are

of great service. The limb should be bandaged for a considerable distance above the sore, and kept at rest in a horizontal position.

Irritable ulcers occur generally on the ankle ; they are known by the pain and the red angry appearance of the sore ; the edges are thin, ragged and turned in ; the discharge is thin, acrid and bloody. The limb should be kept elevated and perfectly at rest. Touching with lunar caustic is very serviceable. The treatment varies but little from that recommended for the indolent kind. The system should be attended to, and the blood purified by sarsaparilla, iodide of potash, and a nutritious but unstimulating diet is necessary.

### *Colic.*

**SYMPTOMS.**—A violent shooting pain is felt in the region of the navel ; the pain comes on like cramps every few minutes, causing the patient to lean his body forwards, and to writhe about in the greatest agony ; this is attended with sick stomach and frequent vomiting ; the bowels are generally costive.

**TREATMENT.**—Give immediately one or two tablespoonsful of common mustard in half a tumbler of water ; this will speedily cause vomiting and relieve the stomach of any undigested food. If the pain still continues, give thirty drops of laudanum and twenty drops of tincture of camphor every half hour until relief is obtained. A good dose of castor oil should be given after the administration of the opiate, for the purpose of opening the bowels. A strong mustard sinapism applied over the seat of pain will afford great relief. If these remedies fail,

place the patient in a warm bath, rendered stimulating by the addition of coarse salt and mustard, and give injections of gruel and castor oil.

*Sun Stroke, or Coup de Soleil.*

**SYMPTOMS.**—A severe pain in the head, with intolerance of light, and a peculiarly wild expression of the eyes, turgid face, hard rapid pulse, great thirst and delirium.

**TREATMENT.**—Free bleeding, frequently repeated till the delirium subsides, active purgatives, together with the application of cold to the head and blisters to the wrists and ankles.

*Debility.*

Various disorders to which we are subjected originate in debility, and consequently it requires a treatment in unison with the cause on which it depends. The warm bath will generally prove beneficial. Diet must also be carefully attended to, as weakly persons should be extremely temperate in the use of animal food ; but they may freely indulge themselves in the use of nutritious vegetables, soups, eggs, strong broth, and shell fish, all of which are extremely nourishing. Clothing also should be carefully attended to, so as to preserve a moderate temperature between heat and cold. Invalids of this description should also take more rest than healthy persons, and be careful not to exceed in their exercise the strength they possess. Their bed should be clean but not too soft ; the apartments in which they



dwelling, large and airy ; and the mind should be kept perfectly calm.

### *Headache.*

Headache may be prevented by wearing the hair short, and by washing the head daily with cold water ; a teaspoonful of prepared charcoal taken twice or three times a week before breakfast, will correct the acidity of the stomach and prevent the attack. If the bowels are costive, a mild laxative is to be taken, or a blue pill. Avoid indigestion, and take frequent exercise in the open air. Thirty or forty drops of sulphuric ether, in a little water, is an excellent remedy for nervous headaches. The burning of anthracite coal, in confined cast iron stoves, is a frequent cause of this distressing complaint.

### *Indigestion.*

Persons subject to indigestion, are of a weak and delicate habit, or else of a sedentary disposition. The free use of cold water in drinking, washing, and bathing, will frequently effect a cure, alone. Mild purgatives, light food, early rising, and moderate exercise, will be found the most certain remedy.

## CHAPTER FIFTH.

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### USEFUL MEDICAL RECEIPTS.

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#### *How to cure a cold.*

Of all the means of curing colds, fasting is the most effectual. Let whoever has a cold eat nothing whatever for two days, and his cold will be gone, provided he is not confined to his bed ; because, not taking carbon into the system by food, but consuming the surplus which causes that disease by breath, he soon carries off the disease, by removing the cause. This will be found more effectual, if he adds copious water drinking to protracted fasting. By the time a person has fasted one day and night, he will experience a freedom from pain, and a clearness of mind, in delightful contrast with the mental stupor and physical pain, caused by colds. And how infinitely better is this method of breaking up colds, than by medicine.

*Asthma.*

Procure common blotting paper, and thoroughly saturate it in a solution of saltpetre, and let it be carefully dried in the sun. On retiring at night, ignite it, and place it on a plate in your chamber. This will enable an asthmatic person to sleep with comparative comfort.

*Hooping Cough.*

Take sub-carbonate of potass, 20 grains; cochineal, 10 grains; white sugar, 1 ounce; water, 6 ounces; and mix thoroughly together. Dose, a teaspoonful three or four times a day.

*Swelling of the Face.*

To reduce the swelling of the face, caused by tooth-ache, make a liniment of tincture of belladonna, two drachms; laudanum, one drachm; spirits of hartshorn, half ounce; and rub the face frequently with it.

*Tooth-ache.*

The following is an excellent remedy for tooth-ache. Dissolve one drachm of tannic acid, in one ounce of chloroform, and apply to the tooth with a piece of raw cotton. A small quantity should also be rubbed on the gums and outside of the face. If this application be faithfully used, it seldom fails to relieve the pain.

*Cramp in the Stomach.*

Take a teaspoonful of sulphuric ether, and three grains of pulverized camphor.

*Diarrhea.*

Take of sweet oil, one ounce; cinnamon water, six ounces; mucilage of gum arabic, one ounce; laudanum, one drachm, and mix well together. Dose for an adult, one tablespoonful every three hours.

*Incipient stage of Cholera.*

Take one ounce of tincture of catechu, one drachm and a half of laudanum, three drachms of tincture of camphor, half a drachm of tincture of rhubarb, and half a drachm of oil of anise; mix well together in a bottle. Dose, a teaspoonful in a little cold water, every four hours, or oftener if the symptoms be urgent. Drink rice water.

*Flatulency of Old Persons.*

Make a pill of asafœtida, one grain, and pulverized aloes, four grains; to be taken at one dose.

*Hiccough.*

This very unpleasant sensation is instantly stopped by taking a teaspoonful of vinegar, or a few draughts of cold water in succession.

*Scald Head.*

Shave the head, and annoint the scalp with the



following ointment : creosote, half a drachm, rubbed up in an ounce of fresh lard. Wash the head frequently with warm water and castile soap.

### *Ointment for Ringworm.*

Sulphuric acid, one drachm, rubbed up in an ounce of fresh lard. Apply several times a day.

### *Ointment for Sore Nipples.*

Take two ounces diachylon, one ounce of sweet oil, and half an ounce of vinegar ; boil together and apply to the nipples on a fine linen rag.

### *Poultices.*

Poultices are made of white lead, corn meal, linseed meal, lily roots, oak bark, and various other substances. They are simply to be boiled in water to the proper consistency, and applied while warm. When they become dry and hard they are to be removed and fresh ones substituted. Their efficacy depends chiefly upon heat and moisture.

### *Carrot Poultice.*

A carrot poultice is made by grating the carrots in water, so as to form a pulp, or by boiling and mashing them. This is an excellent poultice for painful ulcers and cancers. It cleanses the sore and removes the offensive odor.

### *Synapisms.*

A synapism consists of a poultice made with vin-

egar instead of water, and is rendered warm and stimulating by the addition of garlic, horse-radish, or mustard. To make a common synapism, take equal parts of corn meal and strong mustard, and mix into poultice with warm vinegar. These applications should not remain on till a blister is produced, but should be removed when the part has become red and well irritated.

### *Fomentations.*

Boil hops or chamomile flowers in vinegar or water. Flannel is to be dipped into this decoction and applied as hot as the patient can well bear; when one flannel grows cold another is to be applied; care being taken not to expose the part to the air while the clothes are being changed.

### *Liniments.*

A very simple liniment consists of one part of strong spirits of hartshorn to three parts of sweet oil; to this, turpentine, camphor, and laudanum may be added, making an excellent application for sore throat, rheumatism, sprains, &c.

### *Camphorated Oil.*

Two ounces of pulverized camphor is to be added to four ounces of sweet oil, which must be permitted to stand till the camphor is dissolved. This is an excellent application to the bowels in chronic diarrhoea.

*Gargles.*

Gargles are made from a variety of substances. Sage tea, with the addition of honey and alum, makes an excellent gargle for sore mouth.

*A Clyster or Injection.*

A common clyster is composed of strained gruel, to which is added a large spoonful of salt, or castor oil, or both. For an adult, a pint or quart should be injected.

*Lime Water.*

Pour a quart of boiling water on a piece of fresh quick lime, the size of a hen's egg, and bottle for use. Dose, a wineglassful, several times a day.

*Tar Water.*

Pour half a gallon of water on one pound of clean tar, and stir it till it becomes thoroughly mixed. Let it settle, and pour off the water for use. Dose, half a tumblerful, four times a day. This is an excellent remedy for asthma, coughs, colds, &c.

*Onion Syrup.*

Peel and slice three or four onions; put them in a saucepan, and cover with a thick layer of coarse brown sugar. Simmer till the onions are thoroughly cooked; then drain off the syrup. Dose, two tablepoonsful, four or five times a day.

*Hop Syrup.*

Take a handful of hops, one pound of coarse brown sugar, one pint of water, and simmer over a slow fire till the strength of the hops is well extracted ; then strain, and bottle for use. Dose for an adult, a small wineglassful, four times a day. This is excellent for a bad cough, attended with restlessness at night.

*Hoarhound Syrup.*

Take a handful of hoarhound, one pound of the coarsest brown sugar, one pint of water, and simmer over a slow fire for about one hour ; then bottle for use. Dose for an adult, the same as of hop syrup. This, also, is an excellent remedy for a bad cold.



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LIST OF  
MEDICINES AND INSTRUMENTS,  
FOR A  
FAMILY MEDICINE CHEST:  
TOGETHER WITH  
THEIR DOSES, USES, &c.

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**A List of the MEDICINES necessary for a FAMILY MEDICINE CHEST : arranged for a family of eight persons, or less—to be increased in the same ratio for a larger family.**

No.	NAMES OF MEDICINES.	NO	DOSES INTERNALLY GIVEN.
1	Alum, - - - - -	1	$\frac{1}{2}$ to 1 drachm, dissolved in gruel.
2	Aloes, - - - - -	$\frac{1}{6}$	$\frac{1}{4}$ or 5 grs. of powder, made into pill.
3	Asafetida tincture, - - - - -	2	A teaspoonful, repeated.
4	Antimony, (or tartar-emetic) in 3-gr. powders, No. 20, for emetics, solutions and fever mixtures, - - - - -	}	Dissolve each in 4 tablespoonsful of warm water.
5	Blister Plaster, in roll, - - - - -		
6	Blue Pill, in mass, - - - - -	2	
7	Calomel Pills, 2 grs. each, No. 30, - - - - -	$\frac{1}{2}$	From ten to fifteen grs., made into pill, as a cathartic.
8	Calomel and Jalap Powders, 10 grs. each, No. 10, - - - - -	—	One or two, morning and evening, to salivate.
9	Castor Oil, in bottle, - - - - -	}	One powder for a cathartic.
10	Camphor Spirits, - - - - -		One to three tablespoonsful, as a cathartic.
11	Caustic, - - - - -	12	A teaspoonful.
12	Cream of Tartar, in box, - - - - -	6	
13	Dover's Powder, in powders of 5 grs. each, No. 20, - - - - -	$\frac{1}{4}$	
14	Elixir of Vitriol, in bottle with glass stopper, - - - - -	4	One or two teaspoonsful in water or molasses.
15	Flaxseed meal, in box, for poultices, - 2 lbs. - - - - -	—	One powder in fever and for colds, and two powders in rheumatism, every four hours.
16	Gum Arabic, - - - - -	}	8 or 10 drops, in half a glass of sweetened [water.
17	Hartshorn, Spirits of, - - - - -		
18	Iodide of Potash, - - - - -	1	A tablespoonful to a quart of water.
		2	Ten drops, in water.
		6	$\frac{1}{4}$ or 5 grs. in water, twice a day.

19	Ipecac, in emetics of 20 grs. each, No. 5,	-	-	The best emetic is half a tartar-emetic powder and half an ipecac powder.
20	Laudanum,	-	-	Fifteen to forty drops.
21	Nitre (sal) Powder, in box,	-	-	5 to 10 grs. in half a gill of water, every three or four hours, in fever.
22	Nitre, sweet spirits of,	-	-	A teaspoonful in a wineglassful of water.
23	Ointment, simple, in tin box,	-	-	$\frac{1}{4}$ to 2 grs. in pill or powder.
24	Ointment, mercurial, in tin box,	-	-	One or two teaspoonsful, in water.
25	Opium,	-	-	Thirty drops.
26	Paregoric,	-	-	One to two pills as a tonic. In intermittent fever, three to six pills, taking one every hour.
27	Peppermint, essence of,	-	-	One to two tablespoonsful, as a cathartic.
28	Quinine Pills, 2 grs. each, No. 30,	-	-	One to two tablespoonsful, in water.
29	Tincture Rhubarb,	-	-	Half a teaspoonful, in water.
30	Epsom Salts,	-	-	Ten to thirty drops, in croup, colds, &c.
31	Soda, supercarbonate of,	-	-	2 or 3 grs. in jelly, for protracted diarrhea.
32	Syrup of Squills compound,	-	-	gr. to 1 oz. of rain water, for eye-wash.
33	Sugar of Lead,	-	-	Two or three teaspoonsful in molasses.
34	Sulphur, flour of,	-	-	Four or five drops on sugar, for cough.
35	Oil of Turpentine,	-	-	10 or 15 grs. as an emetic, in poisoning; 4 grs. to 1 oz. of rain water, as eye-wash.
36	White Vitriol,	-	-	

1 Lancet.—1 12-oz. Clyster Syringe.— $\frac{1}{2}$  yd. Adhesive Plaster.—Scales and Weights.—Graduated Glass.

Cost of Medicines.....	\$6 50
“ Instruments.....	3 50
“ Medicine Chest.....	2 00
Total.....	\$12 00

## NOTES AND DIRECTIONS FOR MEDICINES,

CONTAINED IN THE FOREGOING TABLE.

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- 1—Is chiefly useful externally to stop bleeding, and for ulcers, gargles, &c.; internally, in diarrhea, and painter's colic.
- 2—5 grs. combined with calomel, in apoplexy and diseases of the brain; also, for worms; 1 to 2 grs., combined with 1 or 2 grs. of asafœtida as a dinner pill.
- 3—Used in hysterics and other nervous affections; also as an expectorant.
- 4—As an emetic, take one tablespoonful every fifteen minutes, until it vomits; in inflammation of the lungs and pleurisy, two teaspoonsful.
- 5—Useful in local pains and inflammations. It must be spread very thin on kid or brown paper, and applied to the affected part. It is to remain on till a blister is formed,—say twelve hours; the blister is then to be cut, and dressed with a poultice or simple ointment.
- 6—Useful when the secretions of the liver are obstructed, and in headaches. When taken as a cathartic, it should be followed by oil or salts. 3 or 4 grains as an alterative.
- 7—In the fevers of tropical climates large doses are required in the outset—say 20 or 30 grains; followed by smaller doses of 8 or 10 grains. When given with opium salivation is hastened.
- 8—Given when a strong purgative is required, as in the commencement of fevers, jaundice, and dropsy.
- 9—An excellent cathartic to assist the operation of other medicines. When a few drops of laudanum are added, it is excellent in the first stages of dysentery. Used in colds, &c.
- 10—Useful in typhus fever, colic, diarrhea, &c. When mixed with equal parts of hartshorn and sweet oil, it forms an excellent liniment for sore throat, rheumatism, sprains, &c.



- 11—Used to burn out proud flesh, make issues, &c.
- 12—Makes a cooling drink with the addition of water, sugar, and lemon peel ; is a laxative when mixed with sulphur.—  
Dose, a teaspoonful.
- 13—Used in fevers, colds, rheumatism, &c. Dose, from 5 to 15 grains.
- 14—Used in consumption to stop night sweats, and strengthen ; also in scarlet fever, &c.
- 15—Used for poultices when boiled with water to the proper consistency ; can be made into tea by enclosing it in a bag, and pouring boiling water upon it. The tea is excellent for colds, fevers, dysentery, and diseases of the kidneys and bladder.
- 16—Used the same as flaxseed tea:
- 17—When mixed with oil it forms a liniment ; taken in water as a stimulant, in doses of ten or twelve drops.
- 18—Useful in scrofulous, venereal, and mercurial diseases.
- 19—Mix with a gill of water, and take one half at a time.—  
Twenty minutes should intervene between the doses. Luke-warm water should be taken freely to promote vomiting.
- 20—Used to promote sleep, and check profuse discharges. Old laudanum is to be used with great caution, as it acquires strength from the evaporation of the alcohol.
- 21—Good in fevers.
- 22—Promotes the discharge of urine ; good in colds, fevers, &c.
- 23—Used to dress blisters, sores, &c.
- 24—When rubbed in the groin, arm pits, &c., it promotes salivation ; when rubbed upon swellings, it favors their absorption. Used to kill vermin.
- 25—Used to allay pain, promote sleep, &c.
- 26—Used in coughs and colds. Is frequently given to fretful children, but is a bad practice.
- 27—Used for pain in the stomach, flatulency, &c.
- 28—Used in remittent and intermittent fevers ; should be given when the fever is off, and is to be preceded by a cathartic.  
Dose, from 5 to 10 grains.
- 29—Good in chronic diarrhea, &c.
- 30—An excellent purgative in inflammatory complaints.
- 31—Used to correct acidity of the stomach, and for headaches.

- 32—Used for croup, colds, dropsy, &c.
- 33—Used in diarrhea, hemorrhages, &c.; as an eye wash. When dissolved in water is an excellent application to broken limbs, sprains, &c.
- 34—Used in salivation, piles, and itch.
- 35—Used for coughs, worms, in typhoid fever, and as a liniment.
- 36—Used as an emetic in cases of poisoning, &c.; dose 10 or 15 grains; as an eye wash.

## CHAPTER SIXTH.

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### RECEIPTS FOR SICK COOKERY.

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#### *An excellent Broth.*

Boil four pounds of loin of mutton in a gallon of water, with some chervil, till it is reduced to two quarts; remove the fat, and use it as agreeable. Any other herbs may be used.

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#### *Chicken Broth.*

Skin and divide your chicken, put it in some water, with a blade of mace, one sliced onion, and a few white pepper corns; simmer till sufficiently good, then strain it and remove the fat.

---

#### *Eel Broth.*

Set a pound of small eels over the fire, with six pints of water, some parsley, onion, and a few pepper corns; simmer till the broth is good, then strain

it off, and add salt. The above quantity should be reduced by simmering to three pints.

---

### *Veal Broth.*

Put four pounds of veal into a gallon of water, with a large crust of bread, two blades of mace, and some parsely; let it boil three hours, closely covered, then skim it clean.

---

### *Arrow-root.*

Care must be taken to procure that which is genuine. Mix it in the same manner as you would starch, then add a glass of sherry, with sugar and nutmeg to fancy, or a little brandy. Where wine or brandy is objectionable, use simply the sugar and nutmeg.

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### *Arrow-root Jelly.*

Boil a pint of water with two spoonsful of good brandy, some nutmeg, and sugar; then pour it boiling hot on two spoonsful of arrow-root, previously mixed smooth with cold water.

---

### *Eggs.*

Weak persons may take eggs in the following



manner : beat an egg very fine, add some sugar and nutmeg, pour upon it a gill of boiling water, and drink it immediately. Or, mix up an egg with a glass of wine, or a spoonful of brandy, and a little sugar. Or, eggs very little boiled or poached are very nourishing ; but the yolks alone should be eaten by sick persons.

---

### *Tapioca Jelly.*

Wash some tapioca in cold water, and soak it in fresh water, six hours ; then let it simmer in the same water with a piece of lemon peel, till it becomes clear ; then add lemon juice, wine, and sugar, agreeable to taste.

---

### *Gloucester Jelly.*

Take two ounces each of hartshorn shavings, eringo-root, pearl barley, rice, and sago ; simmer them with three quarts of water, till reduced to one, then strain it off ; when cold it will be a jelly. It may then be dissolved in wine, or broth, as occasion may require.

---

### *Panada.*

Set your water on the fire with a glass of sherry, some loaf sugar, and a little grated nutmeg and lemon peel ; have some grated crumbs of bread ready,

and the moment it boils, put them in without taking it off, and let it boil as fast as possible ; when sufficiently thick to drink, take it off.

---

### *Sippets.*

On a very hot plate, lay some sippets of bread, and pour some beef, mutton, or veal gravy on them, then sprinkle them with a little salt.

---

### *Rice Caudle.*

Mix some ground rice smooth with a little cold water, then put it into boiling water ; when it becomes sufficiently thick, add a bit of lemon peel, and some cinnamon ; a glass of brandy, and sugar to taste.

---

### *Mulled Wine.*

Boil a pint of wine with nutmeg, cloves, and sugar, serve it with slices of toasted bread ; or, beat up with the yolks of four eggs, with a little cold wine, and mix them carefully with the hot wine ; pour it backwards and forwards till it looks fine, heat it over the fire till it is tolerably thick, pour it backwards and forwards, and serve with toasted bread as above. Or, boil some spice in a little water till their flavor is extracted, then add a pint of port wine, with some sugar and nutmeg.

*Mulled Ale.*

Boil a quart of good ale with some nutmeg, beat up six eggs, and mix them with a little cold ale ; then pour the hot ale to it, and return it several times to prevent curdling ; warm and stir it till sufficiently thick, add a piece of butter, or a glass of brandy and serve it with dry toast.

---

*Saloop.*

Boil some wine, water, sugar, and lemon peel, together ; then add the saloop powder, previously rubbed smooth, with a little cold water, and boil the whole a few minutes.

---

*Sago.*

Soak your sago in cold water one hour ; wash it well, and pour off the water ; then add some more, and simmer the whole till the berries are clear ; then add lemon peel, wine, spice, and sugar, and boil the whole together.

---

*Coffee Milk.*

Boil two ounces of fresh, well ground coffee in a quart of milk, for twenty minutes, and put in a shaving or two of isinglass to clear it ; let it boil a few minutes, stand it by till fine ; then sweeten to taste.

*Milk Porridge.*

Prepare a fine gruel, strain it, and then add a sufficiency of milk, and serve with toast.

---

*Rice Milk.*

Rub down a little ground rice, mix it with two quarts of milk, and boil it ; add lemon peel, cinnamon, and nutmeg; when nearly done, sweeten it agreeable to taste.

---

*Baked Milk.*

This is an excellent article for weak or consumptive persons. Put half a gallon of milk into a jar, tie it down with writing paper, and after the bread has drawn, let stand all night in the oven ; the next morning it will have acquired the consistency of cream, and may be drank as occasion requires.

---

*Water Gruel.*

Put a large spoonful of corn or oat meal into a pint of water, stir it well together, and let it boil three or four times, stirring it often. Then strain it through a sieve, salt it to the palate, and put in a large piece of fresh butter; brew it with a spoon till all the butter is melted, and it will be fine and smooth.



*Cranberry Gruel.*

Wash half a pint of cranberries in some water, and boil a large spoonful of corn or oat meal in two quarts of water ; then put in the mashed cranberries with some sugar, and lemon peel ; boil it forty minutes, and strain it off ; add a glass of brandy or sweet wine.

---

*Currant Gruel.*

Make a quart of water gruel, strain and boil it with two table spoonsful of currants till they are quite plump ; add some nutmeg, sugar, and a glass of sweet wine.

---

*Fever Drink.*

Boil three ounces of currants, two of raisins, carefully stoned, and an ounce and a half of tamarinds, in three pints of water, till it is reduced to a quart ; strain it, throw in a bit of lemon peel, and let it stand an hour.

---

*Draught for a Coughs.*

Beat two fresh eggs, mix them with half a pint of new milk warmed, two table spoonsful of capillaire, the same quantity of rose water, and a little nutmeg.

Observe, it must not be warmed after the eggs are added.

*Barley Water.*

Boil a quarter of a pound of pearl barley in a gallon of water, till it is quite soft and white ; then strain off the water, and add to it a little currant jelly, lemon, or milk. Or, wash a little common barley, and let it simmer in three or four pints of water with a little lemon peel.

---

*Apple Water.*

Peel and slice some tart apples, add some sugar, and lemon peel, then pour some boiling water over the whole, let it stand in a covered jug by the fire for an hour, or more, when it will be fit for use.

---

*Lemon Water.*

Peel a lemon, cut a few slices, pour boiling water upon them, and it will soon be fit for use. This is a pleasant drink during a fever.

---

*Seed Water.*

Take two spoonful of coriander seeds, and one of caraway seeds ; bruise them well in a quart of water, strain them, beat the yolks of two eggs, and mix with the water ; then add some sweet wine and lump sugar.

*White Wine Whey.*

Put a pint of new milk on the fire, and when it boils up, pour in as much white wine as will completely turn it; then let it boil up once, and set it aside till the curd subsides; pour the whey gently off, and add to it a pint of boiling water and some loaf sugar.

---

*Lemon Whey.*

Boil a quart of milk and water, add to it the juice of two lemons, let it simmer five minutes, then strain it off, and add a little sugar. This is an excellent drink to promote perspiration.

---

*Egg Wine.*

Mix a well beaten egg with a spoonful of cold water, then boil a little white wine, water, sugar, and nutmeg together; when it boils, gradually stir in the egg for about five minutes; then serve with toast.

---

*Orangeade.*

Press the juice out, then pour boiling water on a part of the peel, and cover it close; boil some water and sugar to a thin syrup, and skim it well; when all are cold, mix the juice, the infusion, and the syrup, and strain the whole.

*Orgeat.*

Blanch and beat a quarter of a pound of sweet almonds with a tablespoonful of orange flower water, and four bitter almonds; then add half a gallon of milk and water to the paste, and sweeten with capillaire.

---

*Wine Posset.*

Boil some slices of white bread in a pint of milk; when soft take it off the fire, and grate in some nutmeg and a little sugar; pour it off, and put half a pint of sweet wine into it by degrees, and serve it with toasted bread.

---

*Ale Posset.*

Warm a quart of milk with a piece of white bread in it; then warm a quart of ale with some sugar and nutmeg; when the milk boils, pour it upon the ale, let it stand five minutes to clear, and it will then be fit for use.

---

*Bread Soup.*

Boil some pieces of bread crust in a quart of water with a small piece of butter, beat it up with a spoon, and keep it boiling till the bread and water be well mixed; then add a little salt.



*Stewed Prunes.*

Stew them gently in a small quantity of water till the stones will slip out ; but observe, they must not be boiled too much. These are useful in any complaint where fruit is proper, especially in fevers.

---

*Corn Starch Pudding.*

Take three tablespoonsful of the starch, two or three eggs, and a cup full of white sugar ; beat the eggs well and dissolve the starch in milk or water ; then mix your ingredients and stir them in while the milk is boiling ; stir it and let it boil up two or three times and it will be done. Grate in a little nutmeg or lemon peel when you put it to boil. By adding a greater quantity of starch to the milk the pudding can be made thick, forming a very palatable dish when eaten with sauce made of sugar, cream, and sherry wine.

---

*Toast Water.*

Take a large slice of bread and toast it slowly till thoroughly brown, and put it into a pint of cold water, let it stand a while and it will be fit for use ; this is a very nourishing and palatable drink, and may be taken in all cases.

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Lemon water,	-	-	-	-	-	70
whey,	-	-	-	-	-	71
Mulled wine,	-	-	-	-	-	66
ale,	-	-	-	-	-	67
Milk porridge,	-	-	-	-	-	68
Orangeade,	-	-	-	-	-	65
Orgeat, -	-	-	-	-	-	72
Panada, -	-	-	-	-	-	65
Prunes, stewed,	-	-	-	-	-	73
Pudding, corn starch,	-	-	-	-	-	73
Rice Caudle,	-	-	-	-	-	66
Rice milk, -	-	-	-	-	-	68
Sippets,	-	-	-	-	-	66
Saloop, -	-	-	-	-	-	67
Sago,	-	-	-	-	-	67
Seed water, -	-	-	-	-	-	70
Stewed Prunes,	-	-	-	-	-	73
Toast water,	-	-	-	-	-	73
Water gruel,	-	-	-	-	-	68
White wine whey,	-	-	-	-	-	71
Whey, lemon,	-	-	-	-	-	71
Wine posset,	-	-	-	-	-	72



